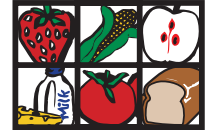




WISE BITES

Eat Smart New York!

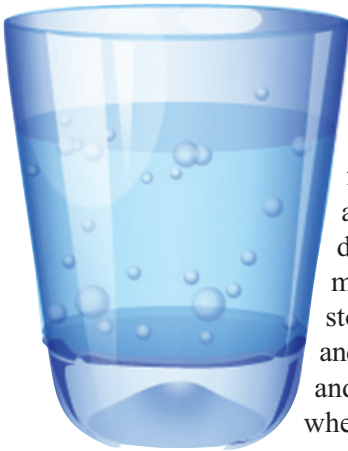


Summer 2011

Summer Strategies for Healthy Living

Beat the Heat

Dehydration occurs when the amount of water leaving the body is greater than the amount being taken in. The body's initial responses to dehydration are thirst to increase water intake along with decreased urine output to try to conserve water. The urine will become concentrated and more yellow in color.



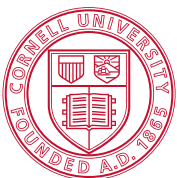
As the level of water loss increases, more symptoms can become apparent. The following are further signs and symptoms of dehydration: dry mouth, the eyes stop making tears, sweating may stop, muscle cramps, nausea and vomiting, heart palpitations, and lightheadedness (especially when standing).

With severe dehydration, confusion and weakness will occur as the brain and other body organs receive less blood. Finally, coma and organ failure, and death eventually will occur if the dehydration remains untreated.

In the summer months we need to rehydrate as much as possible. Many think the best way to do this is by drinking sports drinks as they contain "Electrolytes." However unless engaged in high-intensity or long duration exercise such as marathon running, there is really no need for sports drinks as they provide calories and no other benefits over water.

References:

<http://www.choosemyplate.gov/>, <http://www.medicinenet.com/dehydration>, <http://www.health.uab.edu/16172/>,
<http://www.health.uab.edu/16172>



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'MyPlate'

New Guide for Healthy Eating

The USDA has chosen My Plate as the government's primary food group symbol to help Americans make healthier food choices consistent with the 2010 Dietary Guidelines for Americans. My Plate is intended to prompt consumers to think about building a healthy plate at meal times by using a brightly colored diagram emphasizing the fruit, vegetable, grains, protein and dairy food groups.

The USDA also offers these tips to make healthier choices:

Balancing Calories

- Enjoy your food, but eat less.
- Avoid oversized portions.

Foods to Increase

- Make half your plate fruits and vegetables.
- Make at least half your grains whole grains.
- Switch to fat-free or low-fat (1%) milk.

Foods to Reduce

- Compare sodium in foods like soup, bread, and frozen meals - and choose the foods with lower numbers.
- Drink water instead of sugary drinks.



Cornell Cooperative Extension of Rockland County provides equal program and employment opportunities. Please contact the Cooperative Extension office if you have any special needs.

The Food Stamp Program provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, contact Cornell Cooperative Extension of Rockland County at (845) 429-7085.

Wise Bites is the newsletter of Eat Smart New York in Rockland County. It is published by Cornell Cooperative Extension of Rockland. Eat Smart New York Staff: Lisa Fairbairn, Diane Haltner, Intern: Alyssa Rothschild. Wise Bites Staff: Ann Marie Palefsky, Maribeth Ramos; Editor, Graphic Designer.

Simple Summer Nutrition

Listed below are some fruits and vegetables packed with nutrients and are easy to find during the summer months.

Blueberries: Blueberries are packed with antioxidants, which may help counteract heart disease, cancers, and other types of illnesses. Blueberries are high in fiber and vitamin C. They peak at late summer.


Watermelon: Watermelon is a good source of vitamin A (which promotes good vision) and C and also contains some iron. Their peak time is from mid-June to late August.

Peaches and Nectarines: These fruits are a good source of Vitamin A and fiber (with the skin). A peach also contains some Niacin, a B vitamin, which is involved in the synthesis of DNA, and helps to maintain the normal function of your skin, nerves, and digestive system.


Summer Squash: This vegetable comes in a variety of sizes and shapes that are great in casseroles and dishes. Squash supplies a moderate amount of Vitamin C, Vitamin A, and fiber.

Eggplant: This vegetable is actually part of the berry family. This plant is great for lighter dishes in the summer clocking in at only 13 calories per half a cup and is composed of mostly water.

Tomatoes: Known for their vitamin C content, tomatoes are delicious in summer dishes. Tomatoes are great sources of lycopene, an antioxidant that may reduce the risk of some cancers.



Grilled Eggplant & Tomato Stacks



Ingredients

- 1 tablespoon olive oil
- 1 medium eggplant (3/4-1 pound), cut into 6 rounds about 1/2 inch thick
- 1/2 teaspoon coarse salt, divided
- 2 large beefsteak tomatoes, each cut into 3 slices about 3/4 inch thick
- 4 ounces fresh part skim mozzarella, cut into 6 thin slices
- 6 fresh basil leaves
- 1 tablespoon balsamic vinegar
- 1/4 teaspoon freshly ground pepper

Instructions

1. Preheat grill to medium-high or place a grill pan over medium-high heat until hot.
2. Use 2 teaspoons oil to brush both sides of eggplant slices; sprinkle with 1/4 teaspoon salt. Grill the eggplant slices for 5 minutes. Turn; continue grilling until tender, 3 to 5 minutes more. Transfer to platter.
3. Top each eggplant slice with a slice of tomato, a slice of mozzarella and a basil leaf.
4. Drizzle vinegar and the remaining 1 tablespoon oil sprinkle with the remaining 1/4 teaspoon salt and pepper.

Nutrition Facts

Serving Size 1/6 of recipe 150g
Servings per container 6

Amount Per Serving			
Calories 97		Calories from Fat 48	
		% Daily Value*	
Total Fat 5g			7%
Saturated Fat 2g			11%
Trans Fat 0g			
Cholesterol 12mg			4%
Sodium 314mg			13%
Total Carbohydrate 7g			2%
Dietary Fiber 4g			15%
Sugars 4g			
Protein 6g			
Vitamin A	13%	Vitamin C	16%
Calcium	16%	Iron	3%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

		Calories	2,000	2,500
Total Fat	Less than		65g	80g
Sat Fat	Less than		20g	25g
Cholesterol	Less than		300mg	300mg
Sodium	Less than		2,400mg	2,400mg
Total Carbohydrate			300g	375g
Fiber			25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4